



**Community Health Improvement Planning
Southern Arizona Falls Prevention Coalition
Meeting Minutes – Thursday January 18, 2018**

9:00-11:00 AM

Abrams Public Health Building, 3950 S. Country Club Rd. Tucson, AZ 85719

In Attendance

Cheryl Perry, *Golden Ranch Fire District*

Keisey Finlayson, *HealthSouth Rehab*

Kristin Robinson-Lund, *Pima County Health Department*

Mary Kinkade, *Pima County Health Department*

Rebecca Root, *Pima County Health Department*

Ruth Taylor-Piliae, *UA College of Nursing*

Shi Martin, *Southeastern Ass. Of Governments*

Tracy Koslowski, *Drexel Fire District*

Greg Rivera, *Pima County Health Department*

Kim Ohl, *Pima County Health Department*

Maddy Bynes, *Pima Council on Aging*

Nic Cogdall, *Pima County Health Department*

Renee Wentworth, *Pima County Health Department*

Shaunna Kowalewski, *Health South Rehab Hospital*

Tom Pylman, *Pima Council on Aging*

Vicki Buchda, *Arizona Hospital and HealthCare Association*

Welcome and Introductions

Debby welcomed everyone in attendance and a round robin of introductions was done.

Following introductions, Debby provided an overview of the previous meeting.

A Matter of Balance

Tom provided the group with an overview of an evidence-based program called *A Matter of Balance* that has been implemented in 43 states and has been active in Pima County for over 9 years.

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Group participants learn to view falls and fear of falling as controllable. They set realistic goals to increase activity and change their environment to reduce fall risk factors.

Pima Council on Aging (PCOA) works with El Rio Health and the VA Health Care System to provide *A Matter of Balance* in Spanish.

Anyone interested in participating or learning more should contact the Healthy Living program at (520) 305-3410. The course costs \$20 per individual or \$30 for a couple. The minimum age is 55 but is open to family and caregivers.

Each class requires 2 coaches. Anyone interested in becoming a coach in Pima County should contact Tom at: TPylman@pcoa.org. Tom is also looking for new locations to host *A Matter of Balance* meetings. If you know of any available locations, please contact Tom. There is no cost to coaches who facilitate the program and training is provided over a 2-day period.

Anyone in Cochise County interested in *A Matter of Balance* should contact Shi Martin at 520-432-2528 Ext 206.

Recruitment Flyers

Mary provided the group with a draft of the recruitment flyer. Revisions to the content and suggestions for the layout are welcome. The content for the flyer is available in a Google Doc and revisions can be made using the following link:



https://docs.google.com/document/d/1lwrQhePbl_XQAO3XRjBKHm7s-kwWB431qVp7zc5pSk/edit

Suggestions and other revisions can also be sent to Nic Cogdall at: Nicholas.Cogdall@pima.gov.

Recommendation for Coalition Name Change

In order to align efforts with the broader Arizona Falls Prevention Coalition, it was recommend that the group change the name from “Southern Arizona Falls Prevention Coalition” to the “Southern Chapter of the Arizona Falls Prevention Coalition.” The abbreviated name (SAFPC) would stay the same.

The group in attendance agreed with this recommendation. Feedback on this matter should be sent to Debbie Adams.

Healthy Pima Overview

Greg provided an overview of the Healthy Pima initiative. He explained how the SAFPC is part of the boarder community initiative to address unintentional accidents and injuries in Pima County. A more in-depth explanation will be made available on the new Health Pima website that is expected to be live by the end of January.

If you have any events, classes, or resources that you would like promoted on the new Healthy Pima website, please e-mail them to Mary at: Mary.Kinakde@pima.gov

Announcements

If you are interested in free advertising for A *Matter of Balance* class or Tai chi class in “[Loving Life After 50](#),” please contact Irene.

- Banner Health has an injury prevention and home safety “road show” program for older adults. The program travels around the state and promotes fall prevention in senior centers. Banner is interested in identifying places to hold the event. (No contact was available at the time of the meeting).
- The Technical Assistance Partnership of Arizona (TAPAZ) offers crucial fiscal management support and helps build nonprofit organizational capacity. They provide behind-the-scenes administrative functions such as accounting, grant application assistance, and other back-office services. The organization is looking to put together a Fall Prevention Conference in October. If you want to provide a tax-deductible donation, you can visit their website: <http://www.tapaz.org/>. They currently have \$457.
- Health Fair on February 20th at Far Horizons.
- The Healthy Pima Youth Violence Prevention Coalition (YVPC) has a resource map for schools (and service providers who work with youth) to identify available resources by zip code. Greg is working with the YVPC to see if a similar system could be used to identify available fall prevention resources.



- *Love your Heart* will take place on February 14th in Pima County. If your organization would like to host a blood pressure screening at your site, please e-mail Rebecca. The Health Department will provide educational and promotional materials as well as tracking forms to all participating sites. For those that do not have a blood pressure machine, or someone qualified to administer blood pressure checks manually, a blood pressure machine and training will be provided. Posters can also be provided to your organization free of charge. Contact Rebecca for more information at: Rebecca.Root@pima.gov

Suggested Re-Structure of Work Groups

The current structure of the SAFPC working groups are as follows:

1. Development of System Model
2. Membership Recruitment
3. Messaging and Community Awareness
4. Standards Falls-Assessment Tool
5. Speakers Bureau

Due to the relatively small size of the group, Greg Rivera suggested that the coalition divide into two working groups, rather than five:

1. Development of System Model
2. An operational working group made up of the other 4 groups.

The group working to develop the System Model would need to meet more often to accomplish their activities.

A SurveyMonkey will be sent out to the group to identify the activities the group would like to work on next. Please contact Greg if you are interested in working to develop the System Model: Gregory.Rivera@pima.gov

Adjourn